



the Quick Release

www.spfldcycling.org

APRIL
2024

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RIDE SCHEDULE



RIDE KUDOS IN THE SUNSHINE STATE

Tabitha Marcacci, Amanda Fogleman, Ginger Aschenbrenner, Becky Hannah, Megan Turner, and Jennifer Walker recently rode across Florida on the Sunflower Tour. They joined a group of 50 women, ages 31-80, who rode from Titusville to St. Petersburg, Florida on this multi-day tour.

April Updates

Spring has sprung in central Illinois and the outdoor riding season is upon us, as well as the typical strong south/southwest winds. Don't like the wind? Now is the perfect time to set up a tailwind ride and ride the breeze home (and maybe even get a KOM or QOM on Strava, if that's your jam). Or you can stick to the bike trails for some shelter. Either way, this is a great time to be outdoors on a bicycle.

April will be a busy month for the SBC -- there are TWO eclipse rides on the 8th. You can make the trek to Madison County or stay local. Either ride is sure to be a lot of fun. On April 20, the SBC will have a presence at the Earth Awareness Fair in downtown Springfield, and the following weekend is a big camping/biking event at Jim Edgar Panther Creek State Park. Check the Ride Schedule for details on these and other rides.

Group rides are starting up. If you've held off on joining a group ride, maybe this is the year you give it a try! The initial "Speed Selection Ride" for the Capital City Connection is tentatively planned for Saturday, May 4. Stay tuned for more details.

Speaking of group rides, check out the article about the Geezer Ride in this newsletter!

Hope to see you out there!



2024 Board

PRESIDENT

Scott Sievers

VICE PRESIDENT

Anne Schroll

TREASURER

Larry Stone

SECRETARY

Jeanny Huber

MEMBERSHIP DIRECTOR

Ted Sunder

LEGISLATIVE & EDUCATION DIRECTOR

Vacant - Ted Sunder filling in

MARKETING DIRECTOR

Anne Schroll

SPECIAL EVENTS & PROJECTS DIRECTOR

Lori Dale

RIDE INCENTIVE DIRECTOR

Chris Scheufele

SOCIAL DIRECTOR

Roseanne Nance

VOLUNTEER COORDINATOR

Vacant

AT-LARGE DIRECTORS

Barb Manson
Keri Jo Fulscher
Marty Celnick
Casey Primm

Club Information

MEMBERSHIP

Annual Membership Rates:

\$40 Family

\$25 Adult

Renew or join online at
spfldcycling.org

BOARD MEETINGS

Board meetings are held on the first Monday of each month starting at 7 pm in Springfield. Meetings may occasionally be held via Zoom.

Members are welcome to attend. Please reach out to a board member for more information if you have an item to add to the agenda.



What's Going on in the SBC?

Stay up-to-date on the various initiatives and events in the club.

Capital City Century, Sangamon Cycling Series, Sangamon Gravel Series

Registration is open for both series and the CCC. Club members can get a \$10 discount on registration. The first 250 registered riders for the CCC will receive an event pint glass.

Capital City Connection

The first Speed Selection Ride for this series will take place on Saturday, May 4. Location TBD but we are looking at Lincoln Park.

Earth Awareness Fair

The SBC has committed to sharing a booth with the Springfield Bicycle Club Advisory Council at the Earth Awareness Fair on April 20. Plans are in the works for a ride starting from Washington Park with the downtown fair as the destination.

Swap Meet

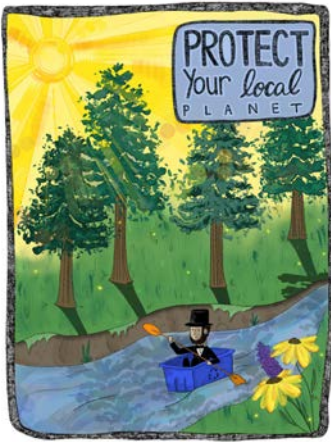
Watch for an announcement about a Bike Swap Meet that will be held later this year.

Newsletter Content

Articles for the Quick Release are welcome! Please send ideas, articles, etc. to Anne Schroll at abaker61@gmail.com

Springfield Earth Awareness Fair

SUBMITTED BY **MIKE KLEMENS, SBAC**



The Springfield Earth Awareness Fair with a decidedly “Bike Friendly” tone will be held in downtown Springfield on April 20. All residents are encouraged to “Be Green” and bike to the event which will be held from 11 a.m. to 3 p.m. in Union Square Park, across from the Abraham Lincoln Presidential Library &

Museum. For more information see Springfield’s event page, <https://www.springfield.il.us/Departments/PublicWorks/EarthAwarenessFair.aspx>.

As part of the bike friendly approach, the city will create temporary bike lanes on the south side of Madison Street (eastbound) and the north side of Jefferson Street (westbound) between 2nd St and 5th St, providing easy connection to the 2nd Street bike lanes. This will help provide a safe, comfortable and “green” route to the event.

In a further effort to encourage residents to try cycling downtown, the Springfield Bicycle Advisory Council (SBAC) will provide a bike valet service. Cyclists can leave their bikes in a secure location monitored by SBAC volunteers while they take in the exhibits, enjoy a snack from the food carts, or grab something from the last winter farmer’s market at Union Station (it ends at noon.). All bike valet users will get a free safety light to keep them safe when they are riding, walking or running after dark (while supplies last).

The bike valet will be located in the northwest corner of Union Square Park grouped along with other active transportation agencies, including:

- SBAC, which will staff the bike valet, help riders plan bike routes with the Springfield Bike Map, and ask attendees to tell us: What would encourage you to bike more?
- The Springfield Bike Club, which will distribute information about the benefits of joining the club and promote our events.

- The Regional Planning Commission, which will promote its annual “Curb Your Car” commuter challenge to encourage biking, busing, or walking to work. This year’s challenge runs from May 12-18.
- The Springfield Mass Transit District, which will encourage bikers to take advantage of the bike racks on the front of all their buses.

Interested in biking with a group? The SBC is organizing a ride from Washington Park to the fair. Not sure you can bike all the way downtown? Try a Park & Ride! Put your bike on/in your vehicle and drive to a safe parking area a little closer to the event. Then you can hop on your bike for a quicker, stress free ride.

For residents coming from west or south of downtown, Trish & Mary’s Public House (located at 107 W Cook in the Vinegar Hill Mall) has generously offered Earth Awareness Fair attendees the use of their parking lot as a secure Park & Ride location (park on the west side parking lot of Vinegar Hill Mall). This is a 5 min bike ride from the event location, a great option for newer riders and family rides. Don’t forget to check out the bike quick fix station complete with pump and tools for those last-minute adjustments, located near the sidewalk.

If you’re a regular rider, an occasional biker, or a newbie, consider cycling to the Earth Awareness Fair. Enjoy a fun ride with friends and family and show Springfield that bikes belong!

The SBAC meets at 4:30 p.m. on the second Monday of the month in the Public Works Conference Room in City Hall. Please join us to help make Springfield a better & safer place to bike.



March Incentives

RIDE KUDOS

Jennifer Walker and her gal pals found the cheat code to summer temps and sunshine in the Sunshine State



Tabitha Marcacci, Amanda Fogleman, Ginger Aschenbrenner, Becky Hannah, Megan Turner, and Jennifer Walker

Ride Leader Jennifer Walker and 5 others rode "Coast to Coast" in Florida with the Sunflower Tour organized by Bike Florida. Every year, Jennifer organizes a spring bike "girls trip" to a different area of the country. For Jennifer and Tabitha Marcacci, this was their 6th annual trip.

Our group has changed over the years, but no matter who goes, it is always fun! We've done the Florida Keys twice (Key Largo to Key West), The Chief Ladiga/Silver Comet Trail in Alabama/Georgia, the Tanglefoot trail in Tupelo Mississippi, Gulf Shores State Park Trails in Alabama and then this year, the Coast to Coast Trail which goes from Titusville, Florida to St. Petersburg.

Although Jennifer normally organizes and plans the full trip, this year she decided to plan the tour with BikeFlorida.org. They have 6-9 organized rides a year for cyclists to choose from and this one was great! For a fee, you get your hotels, transportation to the start, SAG support, and more. There were 55 women who registered, and around 42 finished.

The ages of women were from 31-80 years old. It was interesting to hear the cycling stories from women all over the country. What was the most eye-opening for me was that we realized how lucky

we are to have such a great club in Springfield.

When we talked to others, they said that they didn't have nearly the amount of women in their clubs in other parts of the country. Jennifer encourages others to check out Bike Florida. They are a 501c3 non profit that promotes bike riding in the state of Florida and has many great programs and rides. Check them out at <https://www.bikeflorida.org/>

Day 1 - <https://www.strava.com/activities/11010677358>

Day 2 - <https://www.strava.com/activities/11017694994>

Day 3 - <https://www.strava.com/activities/11023538203>

Day 4 - <https://www.strava.com/activities/11030680544>

Want to be featured in the SBC Newsletter? Submit your post ride recap to incentives@spfldcycling.org, share your story on the members only FB group, or join the Springfield Bicycle Club on Strava. If picked, the member will have a chance for some free SBC schwag!

March Incentives **ON YOUR LEFT**



David went head-first into trail riding.

DAVID UTINSKE / THE BODY QUEST STORE

The Body Quest Store, locally owned and operated by SBC member David Utinske since 2005, serving the greater Springfield area's fitness needs, has graciously offered to sponsor this year's Sangamon Gravel Series. David has been an avid cyclist for several years and ever the glutton for punishment, he jumped headfirst into the gravel scene in 2023.

<https://bodyqueststore.com/>



WHEEL FAST BICYCLE CO.



Wheel Fast has donated gift cards to the upcoming Sangamon Gravel Series event. Be sure to be signed up and present for the chance to win one!



Michael keeps a small convenience store of snacks on his bike at all times.

MICHAEL PHELON / THE OUTLET

The Outlet has donated 100 co-branded Outlet/SBC water bottles. Michael Phelon, former SBC board member and CEO of the Outlet, saw an opportunity to spread the message about his organization that focuses on empowering young males between the ages of 8 and 22. Their mission is to help these individuals develop essential life skills, maintain strong spiritual and ethical values, explore their unique talents, and recognize their dreams and aspirations.

The Outlet has embarked on the IGNITE Capital Campaign. Their dream of acquiring a larger building is becoming a reality as they secured funding to purchase the former St. Joseph's Home. They are now seeking additional funds (approximately \$3.5 million) to fully renovate the complex and expand their services to meet the community's needs. If you're interested in investing in this worthy cause, you can contact Michael Phelon at mphelon@theoutletillinois.org.

<https://www.theoutletillinois.org/>

If you know of an individual or business that should be highlighted for their support of the SBC, send an acknowledgement to incentives@spfldcycling.org and we will include in the next SBC Newsletter.



Incentives Program

RIDE KUDOS - MONTHLY AWARD

Nominate a stand-out bike ride! The best ride report or photo and will award the SBC member a water bottle, socks, or other SBC item. To participate, members would need to be a part of and share via:

- Springfield, Illinois Club | Springfield Bicycle Club on Strava
- Share their post-ride story or photo on Springfield Bicycle Club Members Group | Facebook
- Or share via email to the club (incentives@spfldcycling.org)

Story/photos will be included in the next month of the Quick Release newsletter.

ON YOUR LEFT

An acknowledgment of volunteers, vendors, SBC members, or related community that has helped the SBC in one way or another. Testimonials or thanks will be included in the monthly newsletter. Members can email incentives@spfldcycling.org to share their experiences.

VOLUNTEER INCENTIVES

Club members who accrue 10 or more hours of volunteer time in a calendar year receive a special shirt and accolades! Hours must be associated with a club event (example: helping at rest stop during a ride). Time spent at board meetings does not qualify, but board members who volunteer at club events are eligible for this award.

Questions regarding the volunteer program can be directed to Anne Schroll at abaker61@gmail.com



Club's Web page for
Incentives Program

2024 Incentive Winners

MARCH

RIDE KUDOS

Jennifer Walker

ON YOUR LEFT

David Utinske / The Body Quest Store

Michael Phelon / The Outlet Wheel Fast Bicycle Co.

FEBRUARY

RIDE KUDOS

Nick Courtney

ON YOUR LEFT

Boccardi's Italian Imports

2024 VOLUNTEERS

No volunteer hours have been logged for 2024.

SBC Events and Programs for 2024

This article will remain here for updates as the season progresses. Hope to see you at one of our events this year!

Capital City Connection (CaCiCo)

What is it?

The CaCiCo is a new program for 2024 with the goal of helping riders who are new to group riding find an appropriate group to ride with. There is an educational component to it.

What is the cost to participate?

There is no cost to participate in this program. Non-members are welcome to join.

When does it start?

The first session is tentatively planned for early May.

How can I sign up?

Once we have ride leaders set up, plans are to open a registration page on BikeSignUp. There is no cost to participate but we will track ridership and use this as a means of communication.

A Facebook group will also be set up to communicate with participants.

Who to contact?

Casey Primm is the administrator for this program. You may email him at caseyprimm@gmail.com

UPDATES - APRIL 2024

The search for ride leaders has proven to be challenging and plans are in the works for a scaled-down program. Stay tuned for announcements on this.

Sangamon Gravel Series (SGS)

What is it?

New for 2024, the SGS is the club's first organized gravel series. There are four group rides, and plans are in the works for a fifth ride that will be a race.

The series will have a competitive component, where each route will have several "bounty" segments. Points will be awarded to those who place on these segment efforts, and points will be tracked through the season. Prizes will be awarded to points leaders, and anyone who scores any points in the series will be eligible for random prizes.

What is the cost to participate?

At this time, there are no plans to charge a fee for the four group rides. There will be a nominal charge to enter the race at the end of the season.

When does it start?

Tentative schedule is:

May 25	Event 1 - Centennial Park
June 22	Event 2 - Loami
July 27	Event 3 - Riverton
August 24	Event 4 - JEPC
TBD	Race Finale at JEPC



How can I sign up?

Registration is open at BikeSignup (QR Code)

Who to contact?

Casey Primm is the administrator for this program. You may email him at caseyprimm@gmail.com

UPDATES - APRIL 2024

SGS is coming along well, events are all up and posted and registration is going well. Wheel Fast is donating gift cards to raffle off at the events.

Sangamon Cycling Series (SCS)

What is it?

2024 is the fourth year for this popular program, which caters to both beginning and experienced riders. The SCS is a series of four organized road rides held at various locations.

The club provides sag support and a rest stop with hydration and nutrition. There are various distances at each ride ranging from 20 miles up to 100 and routes are generally in loop format so that riders can "mix and match".

Please read! In the past the club has provided printed maps but this practice has been discontinued. The club tries to provide ride leaders at various paces, but this is not guaranteed and riders should be aware that the routes are not marked. GPS files are provided.

What is the cost to participate?

The cost for the 2024 program is \$30. SBC members will receive a code for a \$10 discount.

When does it start?

Tentative schedule is:

May 11	Event 1 - Sherman
June 8	Event 2 - Stuart Park
July 20	Event 3 - Lake Sangchris
August 10	Event 4 - Rochester

How can I sign up?

BikeSignup will be used for registration. A Facebook group will also be set up to communicate with participants.

Registration is scheduled to open in early March.

Who to contact?

Lori Dale is the administrator for this program. You may email her at lorldale1974@gmail.com

QR code takes you to the website page for this series.



Springfield Kids Triathlon

What is it?

In 2023, the SBC agreed to take over management of a youth triathlon from the Springfield Triathlon Club. This event was formerly known as the HSHS St. John's Children's Hospital / Scheels Kids Triathlon. With the addition of a third sponsor, Vistra, the name was shortened to the Springfield Kids Triathlon.

This will be the 11th year for this fun event targeted toward children ages 5-13. It's held at the Nelson Center in Lincoln Park on July 13.

What is the cost to participate?

The cost for the 2024 race is \$30. As in the past, we are using GetMeRegistered as a registration platform.

When is the event?

The date is Saturday, July 13.

Who to contact?

Jeanny and Dave Huber are the race directors for this year's event. Contact Jeanny at jeannyhuber@gmail.com



QR code takes you to the website page for this series.



What is the Capital City Century?

The Capital City Century, or CCC, is a recreational road ride held annually in September. The 2024 event, to be held Saturday, September 14, marks the 52nd annual ride (2020 was a virtual event due to the COVID-19 pandemic).

Routes range from a 12-mile Family ride to the 100 mile "Century".

What's New for 2024?

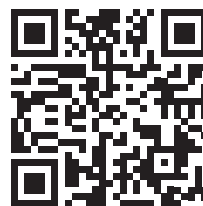
- T-shirts are not included with registration but will be offered as an optional purchase. This decision was made in an effort to reduce waste and keep the cost of registration low. The club will purchase a supply of extra shirts that will be available for purchase at the Sherman Athletic Club.
- Chip timing will be provided by ItsRaceTime. While the CCC is not a race, we do acknowledge that there's a culture of friendly competition in some cycling circles. Chip timing will assist the organizers in tracking riders.
- An event jersey will be available for purchase. You may order the jersey early and have it shipped to you in time for the CCC. The club plans to purchase a limited supply of jerseys to sell at the Sherman Athletic Club. Orders will also be taken up to a week following the ride.
- All registered riders will receive a collectible embroidered patch. The first 250 riders to register will receive a pint glass.
- The 125-mile course will not be offered as a registration option due to the low turnout and extra

workload this creates for volunteers.

- The "groad" route will not be offered. With the new SGS, there are plenty of gravel options.
- Packet pickup will be held at the Sherman Athletic Club on Friday evening and Saturday morning. You can have a friend pick up your packet if you are unable to attend either time. Packets will not be held unless prior arrangements have been made.

How can I sign up?

Registration is now open on [BikeSignUp](#).



Who to contact?

Questions about the CCC can be sent to Lori Dale at lorldale1974@gmail.com

UPDATES - APRIL 2024

Rest stops for the 2024 route will be Williamsville, Middletown, and Elkhart.

Sponsors

The SBC is proud to partner with the following organizations for 2024.



THE BODYQUEST STORE, INC. SPONSOR OF SANGAMON GRAVEL SERIES

The BodyQuest Store is your center for mind, body, and wellness. From living healthy and eating right to exercising and building motivation, we are here to support you with honest and integrity. We strive to provide the right information and the right equipment for you by working with manufacturers governed through fitness equipment standards.



WHEEL FAST BICYCLE CO. SPONSOR OF SANGAMON GRAVEL SERIES AND CAPITAL CITY CENTURY

We're Wheel Fast Bicycle Co., and we've been a bicycle store here in Chatham, IL, since 1999. We serve Springfield, Taylorville, Jacksonville, and the rest of central Illinois. We specialize in bicycle repair and Retül bike fitting, and we also offer a wide range of bicycles, bike accessories, cycling clothing, bike tools, cycling computers, sports nutrition products, and much more.



HSHS ST. JOHN'S CHILDREN'S HOSPITAL SPONSOR OF

SPRINGFIELD KIDS' TRIATHLON
HSHS St. John's Children's Hospital provides expert care to meet the unique needs of children and their families. It was built through a generous gift from a donor in the Springfield community, ensuring that children have access to top-quality medical care close to home.



SCHEELS SPONSOR OF SPRINGFIELD KIDS' TRIATHLON AND THE CAPITAL CITY CENTURY

Scheels is an American privately held, employee-owned and operated sporting goods and entertainment chain store headquartered in Fargo, North Dakota. They operate thirty-four store locations in sixteen U.S. states. Their slogan is "Gear. Passion. Sports."



VISTRA SPONSOR OF SPRINGFIELD KIDS' TRIATHLON

Vistra and its Kincaid Power Plant employees are proud to provide safe, reliable, and affordable power and are committed to strengthening the communities that we call home. Vistra is a leading, Fortune 500 integrated retail electricity and power generation company providing essential resources for customers, commerce, and communities.



THE OUTLET SPONSOR OF SBC - 2024 WATER BOTTLES

It is our mission to help young fatherless youth ages (8-22) develop the ability and skill to be capable of making responsible life decisions, holding real and meaningful spiritual values, explore their gifts, talents, and realizing their dreams and aspirations.

Right: Casey Primm, Chris Scheufele and Michael Phelon hang out on Main Street in Alto Pass, waiting for the fog to lift.



Out and About

MARCH 2

DIRTY SOUTH ROUBAIX - ALTO PASS, IL

Springfield was well-represented at this year's DSR. The annual gravel race is the unofficial season opener and competition was tough this year. A long climb to the finish on a busy paved road was replaced this year with a safer but definitely more difficult timed climb up a steep hillside.





Have You Tried the Geezer Ride?

SUBMITTED BY **DAVE ROSS**

The Geezer Ride was established some time ago, possibly by former SBC President Alfred Arkley -- at least, Alfred was leading the ride at the time I started riding it. Alfred would

lead the ride from his home in the neighborhood just south of Washington Park, and the gang would head off in one direction or another. After Alfred moved out west, the starting location shifted to the Washington Park picnic pavilion, a central location with plenty of parking for those folks who want to drive.

The idea of the Geezer Ride was to have a daily (M-F) meeting for retired geezers or other folks with daytime availability to meet up and go for a ride. It's a show-and-go ride, which means that whoever shows up decides where to go; the destination usually depends on the current wind direction, so that we can come home with a tail wind. From Washington Park, it is fairly easy to go south to the Interurban and Wabash Trails; east to the Lost Bridge Trail; north to the Sangamon Valley Trail; or west to Loami or New Berlin.

I am the current coordinator for the Geezer Ride. I can't make it every day -- even retired geezers have conflicts from time to time -- but I'll do my best to be there. If you want to contact me for more details, feel free.

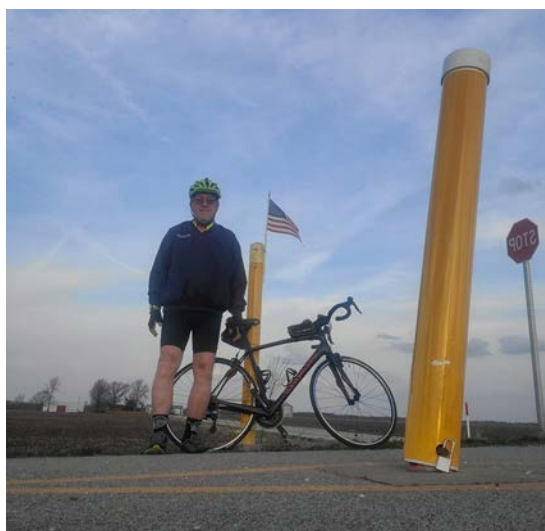
Dave Ross, 217-416-1682



MARCH 12

FIRST SLOW C RIDE OF THE SEASON

The Slow C group kicked off the riding season with a ride to Culver's for treats.



MARCH 13

D RIDES ON THE SANGAMON VALLEY TRAIL

Bob Coady held down the fort at the Show and Go "D" ride on the Sangamon Valley Trail. This is a great ride for newer riders and meets every Wednesday night from now until fall.



2024 Club Calendar

Below is a listing of events that club members may have an interest in. In addition to SBC events, also included are cycling events in the Springfield area that have proven popular with our members. This calendar is preliminary and subject to change.

JANUARY

8 Board Meeting

FEBRUARY

5 Board Meeting

25 **AREA EVENT** Dirty Assumption Gravel Ride

MARCH

1 Registration opens for Capital City Century, Sangamon Cycling Series, and Sangamon Gravel Series

4 Board Meeting

APRIL

2 Board Meeting

20 Earth Awareness Fair

20 Gravel Series - Rural Cyclery Ride

MAY

Various National Bike Month

4 Capital City Connection Kickoff

6 Board Meeting

11 Sangamon Cycling Series Event 1 - Sherman Community Park

25 Sangamon Gravel Series - Event 1 - Centennial Park

JUNE

TBD **AREA EVENT** Wheelfast Monster Metric

3 Board Meeting

9-10 Ridellinois Grand Illinois Tour comes to Springfield

8 Sangamon Cycling Series - Event 2 - Stuart Park

22 Sangamon Gravel Series - Event 2 - Loami

TBD CaCiCo - Second session

JULY

1 Board Meeting

4 Franklin Burgoo Ride

13 Kids Triathlon, Lincoln Park

20 Sangamon Cycling Series - Event 3 - Lake Sangchris

27 Sangamon Gravel Series - Event 3 - Riverton

TBD CaCiCo - Third session

AUGUST

5 Board Meeting

10 Sangamon Cycling Series - Event 4 - Rochester

24 Sangamon Gravel Series - Event 4 - JEPC (Site M)

TBD CaCiCo - Final session

TBD Don Daniels Memorial Ride to Bolivia Bridge

SEPTEMBER

14 52nd Capital City Century

TBD Sangamon Gravel Series - Rural Cyclery Pike County Gravel Ride

OCTOBER

5 **AREA EVENT** Illinois Senior Games

7 Board Meeting

6-8 **SBC TRAVELS** Hilly 100, Ellettsville, IN

13 Roger Schnelten's 46th Annual Oktoberfest

TBD Sangamon Gravel Series - Site M Race

TBD SCS End of Season Celebration

NOVEMBER

4 Board Meeting - Annual Meeting/Election

TBD **AREA EVENT** Dirty Petersburg Gravel Ride

DECEMBER

4 Board Meeting

SPONSOR OF THE 2024 SANGAMON GRAVEL SERIES



**COMMERCIAL & IN-HOME FITNESS EQUIPMENT
SALES AND SERVICE**

MON-FRI 10-6

SAT 10-5

SUN 12-4

217-787-9930



APRIL BIRTHDAYS

Happy Birthday to the following club members!

Did we miss your birthday? Our apologies for the oversight. Help us keep up-to-date by making sure that your profile in Club Express is current.

4/2

Derek Ewing

4/3

Mary Thomas

4/4

Harv Koplo
Joel Johnson

4/5

Mike Eymann

4/7

Barbara Manson
Kathryn E Hanlon
Linda A Kelly

4/9

Kathy Mehuis

4/10

Michelle L Woods

4/11

Stephen S Casper

4/12

Brooke Morgan

4/13

Dave Hood

4/15

Tim Kinkelaar

4/18

Neal Beneke

4/19

Brigetta Ewing

4/19

Deb K Stahl

4/20

Holling Kniffin

4/21

Karen Broquet

4/22

Scott L clark

4/28

Cindy Murphy



Membership Update

TOTAL ACTIVE MEMBERS: **383**

MARCH RENEWALS AND NEW MEMBERS

WELCOME TO OUR NEW MEMBERS:

Individual Membership

Trevor Cottle
James Hammann
Makoto Ikki
Nikki Moore
Michael Phelon
James Thompson

WELCOME BACK TO OUR RENEWING MEMBERS:

Family Membership

Brooke Morgan and Travis Booth
William and Kim Chestnut
Joe and Julie Donelson
Kevin and Dianna Hamblin
Trevor and Megan Hebert
Molly and John Langley
Jeffrey and Marilyn Regan
Mark and Ann Vassmer
Curt and Kathleen Winhold

Individual Membership

James Brown
Linda Capranica
Nick Courtney
Mike Eymann
Ben Fox
William Hunt
David Kalaskie
Jack Morris
Tricia Owsley
Greg and Colleen Pinto
Brenda Reiling
Patty Shafer
Doug VanNattan
Chuck and Annette Zalar,
Allie Nichols

DONATIONS

We wish to thank the following members who provided generous donations to the club with their membership dues.

James Brown
Linda Capranica
Kevin and Dianna Hamblin
William Hunt
Makoto Ikki
David Kalaskie
Nikki Moore
Jack Morris
Greg and Colleen Pinto
Brenda Reiling



Left: Board Member Keri Fulscher and friends took advantage of the mild March weather and headed to Howler Bike Park in Missouri for some downhill fun.

APRIL MILESTONES

Name	Join Date	Years with SBC
Hurley, Jack and Tracey	4/13/2006	18
Hanlon, Kathryn	4/8/2007	17
Harvatin, Ted	4/15/2007	17
Coady, Bob	4/15/2016	8
Morris, Jack	4/26/2016	8
Kinsel, John and Deane	4/8/2017	7
Manson, Barbara	4/10/2017	7
Kolbeck, Tony	4/20/2017	7
Casper, Stephen	4/21/2017	7
Hamblin, Kevin and Dianna	4/21/2017	7
Pinto, Greg and Colleen	4/17/2018	6
Schultz, Bill and Lisa	4/14/2019	5
Castor, Bill and Linda	4/14/2019	5
Williams, Kellie	4/2/2021	3
Dungan, Dan	4/5/2021	3
Shafer, Patty	4/5/2021	3
Morgan, Brooke	4/7/2021	3
Booth, Travis	4/7/2021	3
Chestnut, William and Kim	4/13/2021	3
Nichols, Allie	4/22/2021	3
Donelson, Julie and Joe	4/24/2021	3
Crain, Matthew	4/29/2021	3
Brown, James	4/19/2022	2
Langley, Mollie and John	4/24/2022	2
Schmudde, Rick	4/3/2023	1
Lewis, James	4/4/2023	1
Owsley, Tricia	4/5/2023	1
VanNattan, Doug	4/19/2023	1
Shrum, Jason	4/20/2023	1
Hebert, Trevor and Megan	4/20/2023	1
Lopez, Naomi	4/26/2023	1
Stokes, Bill	4/26/2023	1
Stearns, Adam	4/26/2023	1
Kaufmann, Martin, Amy, Katie, Laura	4/27/2023	1
Saal, Rich	4/28/2023	1
Grubb, Chuck	4/30/2023	1
Febus, Tim	4/30/2023	1
Buyze, Margie	4/30/2023	1



Ride Schedule

Ride Classifications

A 18.1-20.0+ MPH AVERAGE SPEED. These rides are for extremely strong and competitive cyclists with expert bike handling skills. Expect cyclists to be self-sufficient, and able to maintain speeds of 19+ mph for extended distances using pace-lines and other faster riding skills.

B 16.1-18.0 MPH AVERAGE SPEED. These rides are for strong, experienced cyclists with considerable group riding experience. Expect the emphasis to be on improving individual stamina and riding skills. Cyclists will not feel obligated to wait for slower riders. Many times, pace-lines are common in group riding. Cyclists should be able to handle their own flats and other minor mechanical repairs and should be comfortable navigating by map or GPS computer if separated from the group.

C 14.1-16.0 MPH AVERAGE SPEED. These rides are for competent cyclists with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most cyclists will ride in groups. There may be rest stops on the route, but they will be limited. Cyclists should be comfortable navigating by map if separated from the group and should be able to handle their own flats and other minor mechanical problems.

SLOW C 12.1-14.0 MPH AVG SPEED. These rides are for competent cyclists with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most cyclists will ride in groups. There may be rest stops on the route, but they will be limited. Cyclists should be comfortable navigating by map if separated from the group and should be able to handle their own flats and other minor mechanical problems.

D 10.0-12.0 MPH AVERAGE SPEED. These rides are for novice or recreational cyclists. These rides will have rest stops as needed. Expect the ride leader or another club member to sweep (stay with) the slowest cyclist. Assistance from the ride leader will be provided for flats and other minor mechanical problems.

EZ UNDER 10 MPH AVERAGE SPEED. These rides are purely social. Expect shorter routes either in town or on a trail and expect to ride together as a single group. No one will be dropped out of the back of the group. Assistance from the ride leader will be provided for flats and other minor mechanical problems.

GR GRAVEL. Route will be gravel, dirt or rough roads that are unsuitable for traditional road bikes.

MTB MOUNTAIN BIKE. Route will be on mountain bike trail system, typically singletrack.

NC NON-CYCLING EVENTS. No bikes required for these events.

For updates, corrections and last-minute changes to the ride schedule, please check the SBC Club Calender at spfldcycling.org

2023 Weekly Ride Schedule

DAY OF WEEK	TIME	PACE	DESCRIPTION
SUNDAY	9:00 AM	A	<p>V-Park A Ride. Rides will be 30-40 miles and new riders are very welcome. Cyclists should be self sufficient and able to maintain speeds of 18+ mph for extended distances. This is a NO DROP RIDE! Please check the Facebook group page, as start times and locations may vary depending on weather.</p> <p>Weather permitting, this is a year-round ride</p> <p>Start Location: Meet at Vredenburg Park. For more info, Facebook page Springfield IL Area Cycling</p>
MONDAY	10 AM	BCD	<p>Show-n-Go Geezer Ride. Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.</p> <p>For more info, contact Dave Ross at (217) 416-1682</p>
	5:45 PM	GR	<p>Monday Night Gravel. WEATHER PERMITTING, meet at either Centennial Park or Loami Park for a 15-20 mile ride. Lights recommended early in season.</p> <p>Start Location: Varies, check the Facebook members group for more information.</p>
TUESDAY	10 AM	BCD	<p>Show-n-Go Geezer Ride. Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.</p> <p>For more info, contact Dave Ross at (217) 416-1682</p>
	5:45 PM	SLOW C	<p>Slow-C Tuesday Night Rides. These are NO DROP, beginner friendly rides. The location changes weekly, so check the ride schedule for details.</p> <p>For more info, contact Bob Coady at (217) 416-2181.</p>
	5:45 PM	A B+	<p>Salisbury Hill Ride from BikeTek. Get out and ride some hills on the Tuesday night hill ride! Meet at BikeTek for a 30+ mile ride on some of the hills north of Springfield. The group will head out of town with the Team Mack group.</p> <p>Start Location: BikeTek, 957 Clocktower Drive. Ride Leaders: Sean Walker and Nick Fogleman</p>
WEDNESDAY	10 AM	BCD	<p>Show-n-Go Geezer Ride. Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.</p> <p>For more info, contact Dave Ross at (217) 416-1682</p>
	5:30 PM	D / EZ	<p>Stuart Park Social Ride. This beginner-friendly ride takes a leisurely 12-mile round trip on the Sangamon Valley Trail. The pace is relaxed at 10-12 mph.</p> <p>Start Location: Stuart Park</p> <p>Questions? Contact Ride Leader Libby Shawgo at 217-416-1104</p>
	5:45 PM	ABCD	<p>New City Time Trials. Date TBA, will be toward the end of April. Contact Nick Fogleman with questions.</p>
THURSDAY	10 AM	BCD	<p>Show-n-Go Geezer Ride. Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.</p> <p>For more info, contact Dave Ross at (217) 416-1682</p>
FRIDAY	10 AM	BCD	<p>Show-n-Go Geezer Ride. Retired geezers or wannabe geezers have a laid-back show-n-go ride weekdays at 10:00 AM for about 30 miles or so. The direction we head depends on who shows up and which direction the wind is blowing.</p> <p>For more info, contact Dave Ross at (217) 416-1682</p>
SATURDAY	9:00 AM	A	<p>V-Park A Ride. Rides will be 30-40 miles and new riders are very welcome. Cyclists should be self sufficient and able to maintain speeds of 18+ mph for extended distances. This is a NO DROP RIDE! Please check the Facebook group page, as start times and locations may vary depending on weather.</p> <p>This is a YEAR-ROUND ride, weather permitting.</p> <p>Meet at Vredenburg Park.</p> <p>For more info, check out the FB page Springfield IL Area Cycling</p>

Scheduled SBC Rides/Events

This section lists "one-time" club rides and special events. It's a good practice to check the club's Facebook page and/or the SBC Members Facebook group, as often rides are scheduled at the last minute before the weekend and don't appear on this schedule. Weather may influence start times and cancellation as well.

GR MONDAY NIGHT GRAVEL

APRIL 1, APRIL 8, APRIL 15, APRIL 22, APRIL 29 | 5:45 PM

Monday Night Gravel will officially kick off starting in April! The weather can be fickle, so if things look questionable we'll announce cancellation by noon.

For April, we'll be riding out of Loami. Meet at the post office for a 5:45 rollout, with 20-25 miles of mixed surface fun. This is a no-drop ride, and pace will vary depending on those that arrive. We typically average between 15-17mph for the ride.

The first MNG every month will be at a slower pace with less rugged routes. If you're new to gravel, not used to group riding, or just unsure if you can keep pace with our normal ride, please come out and join us for the first Monday of the month.

For more info, contact Casey Primm
caseyprimm@gmail.com

AB SALISBURY HILL RIDE FROM BIKETEK

TUESDAY, APR 2, APR 9, APR 16, APR 23, APR 30 | 5:45 PM

Start Location: BikeTek, 957 Clocktower Drive, Springfield

Get out and ride some hills on the Tuesday night hill ride! Meet at BikeTek for a 30+ mile ride on some of the hills north of Springfield. The group will head out of town with the Team Mack group.

Ride Leaders: Sean Walker and Nick Fogleman

SLOW C SEASON OPEN AT SPRINGFIELD BREWING

TUESDAY, APRIL 2, 5:45 PM

Meet at Springfield Beer Company and ride about 18 miles down the Sangamon Valley Trail to the river bridge and back (all the way to the end if we're feeling frisky). We'll kick off the season with a celebration at ride's end at Springfield Beer. If the weather doesn't cooperate, social only!

For more info, call Bob Coady
(217) 416-2181

SLOW-C ECLIPSE RIDE

MONDAY, APRIL 8, NOON

Location: Mas Sabores, Chatham.

Grab your glasses, call off work and join Slow C for the opportunity to ride from Mas Sabores to view the eclipse from the top of Mount Centennial, the closest place to the sun in Springfield! It's a leisurely ride, less than 30 miles with food and fun at Mas Sabores at the end. Join us on this fun route for the event of the year!

For more info, call Bob Coady
(217) 416-2181

BC MADISON COUNTY ECLIPSE RIDE

MONDAY, APRIL 8TH

Location: Meet at southside Walmart at 8:30 AM, drive to Madison County Trails Experience the eclipse from your bike! Meet at the southside Walmart in Springfield at 8:30, ride to the Madison County Trails. Route TBD, but will be loops of 30-60 miles. Have lunch somewhere near the trail and then watch the eclipse from the trail. Back in Springfield by 4PM

Organizers are Doug Barringer and Steve Sommer. For more info, contact Doug at dbarringer03@gmail.com or phone 217-414-9153

C/SLOW-C BOMKE NO LOOP - SHOW & GO

TUESDAY, APRIL 9 | 5:45PM

Ride Start: Stuart Park, 1800 Winch Lane Meet at Stuart Park and ride about 16 miles down the Sangamon Valley Trail, through the country for a few miles and then back to Stuart Park via the Sangamon Valley Trail. See the "Slow C" Facebook page for details about routes and updates.

For more info, call Bob Coady
(217) 416-2181

SLOW C LOLLIPOP - SHOW & GO

TUESDAY, APRIL 16, 5:45 PM

Ride Start: Scheels parking lot

Meet in the parking lot near Scheels and ride about 23 miles south on the InterUrban Trail through Chatham to the end of Main Street, then ride a loop through the country and back.

For more info, call Bob Coady
(217) 416-2181

NC EARTH AWARENESS FAIR

SATURDAY, APRIL 20, 2024

Location: Union Square Park, 500 E. Madison, Spfld (Across from ALPLM)

The City of Springfield partners with the Abraham Lincoln Presidential Library and Museum (ALPLM) for the 32nd Earth Awareness Fair. The SBC plans to have a booth at this event.

BCD RURAL CYCLERY ROAD RIDE

SATURDAY, APRIL 20, 2023, 9:30 AM

Location: Rural Cyclery, Winchester Spring has sprung, flowers are blooming, and the weather is as fickle as a change-of-dream. Let's celebrate by joining up with our friends at the Rural Cyclery in Winchester for a gravel adventure.

Colin at the Rural Cyclery has put together all-new routes for us to tour, and plans on offering 30 and 50 mile options. After the ride, enjoy some lunch and a beer (or coffee or other beverage of choice) and hang out with the gang in the lounge.

We will depart from Rural Cyclery at 9:30AM. Make sure to pop into the shop prior to the ride and place a lunch order, and it will be waiting for you when you return!

SLOW-C ATHENS CASEY'S & BACK SHOW & GO

TUESDAY, APRIL 23, 5:45 PM

Location: Stuart Park.

23.1 miles. Meet at Stuart Park on Winch Road, take the Sangamon Valley Trail and then follow country roads to Athens. Refuel at the Casey's c-store before returning.

For more info, call Bob Coady
(217) 416-2181

ABCD BIKEPACKING / CAMPING TRIP

FRIDAY, APRIL 26 - SUNDAY, APRIL 28

Location: East Group Campground, Jim Edgar Panther Creek State Fish & Wildlife Area, Chandlerville, IL

The "Scotts" are at it again. Join in the fun with a weekend of bike riding, camping, grilling and shenanigans. The plan is to camp out at the shelter, which has electricity and rest room facilities. *You do not have to camp to enjoy the weekend.*

Questions: Contact Scott Bell or Scott Sievers for more information, or check out the Facebook Event.

SLOW C LOLLIPOP BACKWARD SHOW & GO

TUESDAY, APRIL 30, 5:45 PM

Location: Casa Real / Scheels Parking Lot
We will go south down the Interurban Trail through Chatham to the end of Main Street, then ride a loop through the country and back. Just to keep it interesting, we will ride the "pop" in reverse. Different scenery, different profile, keep life exciting!

For more info, call Bob Coady
(217) 416-2181

CAPITAL CITY CONNECTION SPEED SELECTION RIDE

SATURDAY, MAY 4, TIME TBA

BC CINCO DE MAYO / JENNIFER'S 50 MILES FOR THE BIG 5-0!

SUNDAY, MAY 5, 9:00 AM

Location: El Dorado Taqueria, 1386 Toronto Road, Spfld, IL

Join Ride Leader Jennifer Walker for 50 miles for her 50th birthday! We'll throw in a couple convenience store stops and finish with tacos and cake at El Dorado for lunch and celebrate Cinco de Mayo as well!

PIONEER SPIRIT TRIATHLON AND 5K

SATURDAY, MAY 11, 8:00 AM

Location: PORTA High School, Petersburg
Social Director Roseanne Nance is the director of this early season multisport event. Various distances, a tri challenge, and a new 5K running race combine for a fun day!

Use Discount Code **STPATTYS24** for \$4 off registration.

ABCD RIDE OF SILENCE

WEDNESDAY, MAY 15

Details TBA

Organizers: Dave and Jeanny Huber

EVENT-1 SANGAMON CYCLING SERIES

SATURDAY, MAY 11, 8:00 AM

Location: Sherman Community Park

EVENT-1 SANGAMON GRAVEL SERIES

SATURDAY, MAY 25, 8:00 AM

Location: Centennial Park

EVENT-2 SANGAMON CYCLING SERIES

SATURDAY, JUNE 8, 8:00 AM

Location: Stuart Park

EVENT-2 SANGAMON GRAVEL SERIES

SATURDAY, JUNE 22, 8:00 AM

Location: Loami Park

SPRINGFIELD KIDS TRIATHLON

SATURDAY, JULY 13, 2024

Location: Nelson Center, Lincoln Park

See article in this newsletter for more information.

EVENT-3 SANGAMON CYCLING SERIES

SATURDAY, JULY 20, 8:00 AM

Location: Sangchris Lake

EVENT-4 SANGAMON CYCLING SERIES

SATURDAY, AUGUST 10, 8:00 AM

Location: Rochester Community Park

EVENT-3 SANGAMON GRAVEL SERIES

SATURDAY, JULY 27, 8:00 AM

Location: Riverton

EVENT-4 SANGAMON GRAVEL SERIES

SATURDAY, AUGUST 24, 8:00 AM

Location: JEPC

ABC 3RD ANNUAL

DON DANIELS MEMORIAL RIDE

SUNDAY, AUGUST 25, 2024

Location: IDOT Trailhead 8:30 AM (Official Start) or Vpark 8:00 AM

Don Daniels was a great friend and longtime member of the SBC, who led many rides including the weekend Vpark A/B rides. Don passed away two years ago. Anyone who knows Don is quite familiar with him adding a surprise mileage loop on his ride. So, Derek has added a Mileage Loop, of which Don would surely approve.

The official start is at the IDOT trailhead at 8:30 AM. A Don Daniels Mileage Loop will start from Vpark at 8 AM, riding to the official start at IDOT, where some memories of Don will be shared before and during as we roll during this leisurely-paced ride.



FULL-SERVICE BICYCLE SHOP

Serving coffee and locally-sourced craft beer

LOCATED IN DOWNTOWN WINCHESTER, ILLINOIS

SPRINGFIELD BICYCLE CLUB CORPORATE SPONSOR

21 SOUTH MAIN STREET | WINCHESTER IL

(217) 742 4025

ruralcyclery@gmail.com fb: ruralcyclery

The ride will go to one of Don's favorite locations – east to the Bolivia Bridge. This is an old closed iron and wooden planked bridge, located in the middle of nowhere. Walking access only!

The mileage from IDOT and back to IDOT is 40 miles with a convenience stop in Mechanicsburg.

The full Don Daniels Mileage Loop Ride from Vpark will separate from the IDOT group at the return through Rochester to go around the lake and continue to Toronto Road to Vpark. Total mileage is 61 miles.

Ride Leader: Derek Ewing



ABCD 52ND CAPITAL CITY CENTURY

SATURDAY, SEPTEMBER 14, 2024

LOCATION: Sherman Athletic Club

Mark the date for the club's annual century ride! Distances will include the 12-mile Family Ride, 20-, 40, 62- and 100-mile road rides.



ABCD ROGER SCHNELTEN'S 46TH ANNUAL OKTOBERFEST PARTY

SUNDAY, OCTOBER 13 | 1:00 PM

Location: 245 Circle Drive, Spfld

Don't miss the 46th Oktoberfest Party & Bike Ride. Live music, food, drinks, games, bonfire and bikes. A bike ride is being planned.

This is a combined party between the Springfield Ski & Travel Club and the Springfield Bicycle Club.

For more info call Roger Schnelten at (217) 529-0780

Area Rides / Events / SBC Travels



BCD THIRD ANNUAL WHEEL FAST MONSTER METRIC CENTURY

SUNDAY, JUNE 2 | 8:00 AM

Location: Ball Elementary School, 1015 New City Road, Chatham, IL

Registration will be open from 7:00-9:00 a.m. the day of the ride. Details to follow



RIIDEILLINOIS GRAND ILLINOIS BIKE TOUR

JUNE 9-10, 2024

Join us June 9-14, 2024 for the 21st annual Grand Illinois

Bike Tour (GIBT)! This year's Central Illinois route resembles a figure eight beginning and ending in Maroa, with overnights in Springfield, Forsyth, and Champaign. Registration is open.

Register at <https://rideillinois.org/events/2024-grand-illinois-bike-tour/>

RAIN (RIDE ACROSS INDIANA) 2024

JULY 20, 2024

Starting Location: Terre Haute, Indiana (finishes in Richmond, Indiana)

Registration is open for the 2024 RAIN ride! RAIN is a one-day, one-way, 160-mile ride from Terre Haute, Indiana, across the state to Richmond on Saturday, July 20, 2024. You'll have plenty of support as you head east, including five rest stops, and all finishers receive a coveted RAIN medal. It will be your best ride of the year! Registration is \$80 and is limited to 1,000 riders.

Ride Organizer: Bloomington Bicycle Club

Website: RAINride.org

Facebook: [BloomingtonBicycleClub.org](https://www.facebook.com/BloomingtonBicycleClub.org)



Ride Start: Three Oaks, MI

The Apple Cider Century (ACC) is an annual one-day 15, 25, 50, 75 or 100 mile bicycle tour of the orchards, forests and wine country in and around Three Oaks, Michigan on the last Sunday in September.

Since 1974, it has become one of the Midwest's largest one-day century events with over 4,500 cyclists participating last year.

For more information, check the website applecidercentury.com

AMISH COUNTRY BICYCLE TOUR

SATURDAY, SEPTEMBER 21, 2024

Arthur, IL

For more information:

<https://decaturbicycleclub.org/amish-country-tour/>

ILLINOIS SENIOR GAMES

SATURDAY, OCTOBER 5

Location: Jim Edgar Panther Creek State Park

TT and road race options will be available for cyclists ages 50+. Qualify for the 2025 National games in Des Moines, IA at this event.

For more information: <https://ilseniorolympics.weebly.com/>

GR YELLOW CHIP ROAD 2023 (FORMERLY ILLINOIS KANZA)

SATURDAY, OCTOBER 26 | 8:00 AM

Location: Kansas, Illinois

Ninth running of the Yellow Chip Road (formerly Ill Kanza) gravel grinder starting and ending in Kansas, Illinois. All routes will be timed, with prizes for the top three men and women in the 3 longest routes. As anyone who's ridden here before knows, these roads can be very rough and challenging so come prepared!

For more information, follow the Facebook page

<https://fb.me/e/9MM2kE3sx>



CAPITAL CITY CENTURY

SEPTEMBER 14, 2024

REGISTRATION FORM

ROUTE OPTIONS

Please indicate what distance you plan to ride.

Road ride options	<input type="checkbox"/> 12 miles*	<input type="checkbox"/> 20 miles	<input type="checkbox"/> 40 miles	<input type="checkbox"/> 62 miles	<input type="checkbox"/> 100 miles
* The 12-mile Family ride includes registration for 1 or 2 adults and 1 or 2 minor children (up to a maximum of 4 riders).					

RIDER INFORMATION

First Name:	Last Name:	<input type="checkbox"/> M <input type="checkbox"/> F	DOB	/	/
Street Address:					
City:	State:			Zip:	
Primary Phone # ()	Email:				
Cell Phone # ()	Are you a member of the Springfield Bicycle Club? <input type="checkbox"/> Yes <input type="checkbox"/> No				
Emergency Contact:			Emergency Contact Phone: ()		

REGISTRATION FEE

	THRU SEPT 1		SEPT 2 - SEPT 14*		
	SBC Member	Non-Member	SBC Member	Non-Member	
Family Ride, 20 Mile	\$15	\$25	\$25	\$35	
40 Mile	\$30	\$40	\$40	\$50	
62 or 100-Mile	\$35	\$45	\$45	\$55	
Event T-Shirt IMPORTANT: For 2024, t-shirt is not included with registration. Order here if you would like a t-shirt	\$15				
	<input type="checkbox"/> XS	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> XL
TOTAL INCLUDED	\$				

PAYMENT INFO

Please make checks payable to
Springfield Bicycle Club

Mail to:
CCC
c/o Anne Schroll
400 Eagle Ridge Drive
Chatham, IL 62629

ACCIDENT WAIVER AND RELEASE OF LIABILITY

I acknowledge that this athletic event "Capital City Century" is a test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people, including but not limited to participants, volunteers, spectators, coaches, event officials, and event monitors and/or producers of the event and lack of hydration. I realize that liability may arise from negligence or carelessness of the persons or entities being released from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

Further, I certify that I am physically fit, have sufficiently trained for participation in the event, and have not been advised otherwise by a qualified medical person.

I acknowledge that this ACCIDENT WAIVER AND RELEASE OF LIABILITY for will be used by event holder, sponsors, and organizers of the event in which I may participate that it will govern my actions and responsibilities at said event.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft, or actions of any kind which may here after occur to me including my traveling to and from the event, The following entities or persons: Springfield Bicycle Club, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event volunteers; B) Indemnify and hold harmless the entities or person mentions in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of the releases or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this event.

The ACCIDENT WAIVER & RELEASE OF LIABILITY shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

Helmets are strongly recommended

Print Participants Name

Age

Participant Signature



Membership Application

- ☐ New Member
- ☐ Renewing Member
- ☐ Change of Address

Primary Member Information

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Birth Date (optional) _____

Type of Membership

- ☐ Individual: **\$25** per year
- ☐ Family: **\$40** per year
May include up to 4 additional members who must all reside at the same address
- ☐ Corporate: **\$100** per year

Additional Donation

- ☐ \$10
- ☐ \$25
- ☐ \$50
- ☐ \$100
- ☐ Other _____

Secondary Members (Family Membership only)

Name _____ Birth Date: _____

Name _____ Birth Date: _____

Name _____ Birth Date: _____

Name _____ Birth Date: _____

Additional Information

- ☐ I would like to opt out of Club e-mail announcements

I would like to help with the following SBC activities:

- ☐ Lead bike rides
- ☐ Help with social activities
- ☐ Help with bicycle advocacy
- ☐ Help with Capital City Century
- ☐ Serve on the SBC Board
- ☐ Other _____



Mail to:

Springfield Bicycle Club
P.O. Box 13035
Springfield, IL 62791-3035

Legal Waiver

I (and my parent or guardian in case of a person under 18 years of age) hereby release the Springfield Bicycle Club and any other party or parties involved in any Springfield Bicycle Club activity of any liability whatsoever for any loss or damage to property or for personal injury sustained or occurring on any Springfield Bicycle Club event.

Signature: _____ Date Signed: _____

Parent/Guardian _____ Date Signed: _____